19: McCormack E-4,9 (1954-1958) 1964
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corn and chemical fertilizers. Both level land and hillsides are cultivated by the same hand techniques. 1 - 4-foot patches are hallowed with walkways between, soils are overturned within the patches and allowed to dry, the soils are burned slowly and the ashes spread over the soil, and finally the seed is sown, either broadcast or sunk with the aid of the typical Khasi hoe. The coldest part of the cultivated season is between June and October when double crop as well. Paddy has long been found in the lowlands, in parts of Jaintia and Khasi, the only places where the plow is found. Nowadays paddy is more and more also in the uplands, together with a simple terracing and irrigation technology. Many upland Khasis have house gardens in which they raise a wide variety of vegetables, including pumpkins, cabbages, radishes, sweet potatoes, eggplant, and many others. Important crops in Khasi country are paddy rice, tea, cucumbers, chilies, bananas, and pineapples, in West, they are betel nut, pan leaf, oranges, and sugar cane. **Fishing and hunting.** Fishing is done by poisoning streams, but this is a subsistence activity only in the southern foothills. Hunting was formerly by bow and arrow or by traps, including spring guns and pitfalls, but was always primarily a sport. (2) **Vegetables (diff.) Gathering.** Khasis once gathered about 100 species of wild plants, most of them for food, but some for medicine. Today, villagers still gather food plants, but there is no real dependence on gathering. Underwood plants continue to be very important. **Domestic animals.** Fowl, goats, pigs, and cattle are bred both for meat and sacrifice. Milk was formerly not utilized, but is now so popular that specialists keep herds of milch cows. Pigs are used as village scavengers, but some also receive prepared food. Cattle and goats forage freely in the fields during the winter, but are herded by a commonly hired herdsboy during the agricultural season. Most households keep chickens, primarily for their eggs, and a few keep ducks. A few horses are also seen. Dogs are variable, ranging for hunting dogs. Cats are popular. **Food and abstinence.** The staple food of Khasis is boiled rice, together with the dried fish which is imported from Sylhet. Boiled beef, pork, and chicken are relished, but beyond the means of most. Meals are taken twice a day, in the morning and evening, although farmers also take a noonday and cold meal consisting of rice bread. Certain foods are taboo to certain sibs. Stimulants are extremely common, especially betel nut, which is often accompanied by a bit of tobacco. Tobacco is also smoked in cigarettes and in hookah and other pipes. Every village has one or more household taverns, where distilled rice whisky is cooked and sold by the glass and by the bottle. Imported opium had spread widely in the subjective Khasi country, but extensive measures in the 1940s have been fairly successful. All outsiders were once taboo to men, women, and

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